

# K I T T E R Y



**r e c r e a t i o n**

**2 Cole Street    Kittery, ME 03904**

***Spring/Summer 2008***

***Creating Community Through  
Recreation!***



## ***Kittery Recreation Says Good-bye to Donny Gagnon***

Donny Gagnon, hometown boy, has been the "Program Coordinator" at Kittery Recreation Department since August 2004. Donny has taken a position in Farmington, New Hampshire as Pks and Recreation Director. We wish Donny the best of luck and success as he enters into his next journey. Good luck Donny and "thank you" for all that you have done to help us as a department in reaching our goal of "CREATING COMMUNITY THROUGH RECREATION"!

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## ***Welcome***

### ***Todd Henley Is Hired***

Kittery Recreation welcomes Todd Henley as the Program Coordinator for this department. Todd comes to us with over 10 yrs experience working on a part time basis for Portsmouth Recreation in many capacities. He also has worked for the past six years with high school students at Dover High School in their Alternative Program. Stop by and welcome Todd to Kittery Recreation!

### ***How to Watch a Good Program Die***

Nothing kills a recreation program faster than those who wait until the last minute to register. There is always a point when a program must be cancelled if there is insufficient registration. All programs require a level of scheduling, staffing and purchasing. **Please register early!**

### ***Ideas??? Instructors***

Do you want to see a program offered or would you like to become one of our instructors? Go on our web site and print off an instructor application. We are always looking to offer what you want so help us out. Thanks. **[www.kittery.org](http://www.kittery.org)**

### ***Inclement Weather***

If Kittery Schools close due to inclement weather, the S.A.F.E. Program is cancelled as well. Morning classes at the Rec. will be cancelled. Please check our web site to see if we have cancelled classes for the afternoon and evening, or tune into your favorite radio station. We try not to cancel all classes in the morning for the entire day since our weather has a tendency to clear mid day and afternoon and evening classes can sometimes be held. Please call us if you have any questions.

***[www.kittery.org](http://www.kittery.org)***

# ***Kittery Recreation***

***Creating Community Through Recreation!***



## ***Recreation Staff***



Janice Grady, Recreation Director

[jgrady@kitteryrecreation.com](mailto:jgrady@kitteryrecreation.com)

Jeremy Paul, Assistant Director

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Todd Henley, Program Coordinator

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Dawn Sciascia, S.A.F.E. Coordinator

[dsciascia@kitteryrecreation.com](mailto:dsciascia@kitteryrecreation.com)

Elaine Helstrom, Secretary/Bookkeeper

[ehelstrom@kitteryrecreation.com](mailto:ehelstrom@kitteryrecreation.com)

**2 Cole Street  
(physical address)**

**Mailing Address**  
**200 Rogers Road**  
**Kittery, ME 03904**

**Telephone Number**  
**439-3800**

**Office Hours**  
**Monday-Friday**  
**7:30 am-4:30 pm**

## ***Instructors***

Jennifer Chamberlain

Melissa Fitzsimmons

Donny Gagnon

Janice Grady

Elaine Helstrom

Todd Henley

Deborah Levine

Sara Lussier

Joe Mazzaglia

Seth Mazzaglia

Bob Modee

Christy Olson

Jeremy Paul

Gina Della Pasqua

Katie Peternell

Heather Philo

Dawn Sciascia

Karen Sweeney

Steve Workman

## ***York Hospital Scholarship***

York Hospital and Kittery Recreation have established a scholarship program for participants who do not have the financial means to pay the recreation program fees. The financial assistance for scholarships is provided by York Hospital. Kittery Recreation welcomes all Kittery residents to participate in our programs, leagues, and activities. Due to the generous donation from York Hospital, Kittery Recreation may be able to provide reduced fees to those who qualify. Applications should be completed prior to the start of the program, however, scholarship fund availability and program registrations cannot be guaranteed. Upon review by the Director, qualified participants may receive assistance with program fees. All requests will remain confidential. Application forms are available at the Recreation Office.



# Registration Information

## *How To Register*

**R**egistration for most activities, classes, sports and trips must be paid in full at the time of registration. The Registration Form must be completed and submitted. A Medical/Emergency Form must be completed and will be kept on file. The Medical/Emergency Form will be completed one time with updates given when necessary from the participants.

## *Registration Procedure*

1. Come into the office and complete a registration form and make a payment for the activity.
2. You may register on-line at [kitteryrec.recware.com](http://kitteryrec.recware.com). You may use your credit card at this site, however, there is a service fee charged by the host company.
3. Complete a Medical/Emergency Form once. It will be kept on file and participants will be responsible to notify the Recreation Department of any changes.
4. Each program session is considered a new class. All individuals must register for all sessions they wish to participate in. Please remember that you are not automatically registered into additional sessions until your registration is complete, including payment.

***Our Web Site: [www.kittery.org](http://www.kittery.org)***

# Policies

## *Important-Don't Forget*

Please register early for activities so that an event or activity does not have to be cancelled or postponed. Sometimes individuals try to register long after we have had to make the decision to cancel or postpone an activity. Keep in mind that there is always a minimum number of registrations necessary to cover expenses.

## *Confirmation*

We do not send confirmation notices. We will notify you if a program is cancelled or changed. If it is cancelled a full refund will be given.

## *Payments/Credit Cards on Line Only*

Did you know that you can now register for many of the Recreation Department's classes and activities on-line?

The process is fairly simple. Depending on your server, you can go to:

<http://activenet2.active.com/kitteryrec/or kitteryrec.recware.com>.

You will be asked to request an account. You will receive confirmation of your request within 24 hours and then you will be able to register and pay using a credit card for classes on-line. However, there is a service fee charged by the host company.

Please note that not all of the Recreation Department's classes and activities will be available on-line. For those activities that are not available on-line, you can register by coming into the Recreation Office.

## *Refund Policy*

- If KR cancels a program the participant will receive 100% refund.
- Withdrawals 3 working days prior to the start of the program a 100% refund after a \$20 processing fee is charged. If you opt for an in-house credit to your account the \$20 processing fee will be waived.
- Less than 3 working days prior to the start of the program, a 50% credit will be applied to your in house account.
- Playground/Adventure Programs do not qualify for refunds or credits once the session starts. Withdrawal prior to start of session will be subject to a \$50 processing fee.
- On trips there is no refund unless we can find a replacement. If we find a replacement you will receive a refund after a \$20 processing fee.

## *Payments*

### *Credit Cards on Line Only*

This department accepts checks and cash. Credit cards can be used on line only at [kitteryrec.recware.com](http://kitteryrec.recware.com). There is a charge of \$20 for any returned check.

## *Photos*

By registering for a class or activity, you give us permission to take and publish photos of your participation, along with photo identification. Pictures may be used in the brochure, papers or displayed at the Community Center. If you do not wish to have photos of you used, please include this request in writing along with your registration form.



# Special Events

## Winter Carnival January 26th

Kittery's 6th Annual Winter Carnival will be from 12 noon-3 p.m. Come join the Community for this exciting annual celebration. You do not want to miss this! Dress warm since there will be indoor and outdoor activities. Activities include:

Blizzard golf, snow shoe races and other games, food, music, snowman building, ice skating, face painting and much more. Inside will be food and some games. Music by Shapleigh Schools "Little Amps" and more musicians.



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## BOWL TONIGHT!

### *Mother/Son Event*

While father and daughter are dancing the night away, mom and son are headed to Bowl-O-Rama for some Cosmic Bowling! They will have music, lights, a DJ, and pizza! Any mother, stepmom, aunt, sister, grandmother or family friend is welcome to escort that special boy in their life on Saturday, February 9th, from 6:30-8:30 pm. Tickets are available at the Community Center. \$12 each person. Pre-registration is required to secure the correct number of lanes and food.

## Happy Valentine's Day

### *Father/Daughter Dance*

Spend an evening with someone special at our Annual Valentines Dance at the Center. Any father, stepdad, uncle, brother, grandfather, or family friend is welcome to escort that special girl in their life on Saturday, February 9th, from 6:30-8:30 p.m. Enjoy a live DJ, refreshments, door prizes, party favors and memories that can be captured on a photo for an extra charge. Tickets are available and the cost is \$16 for one person, \$20 for a family and \$26 at the door per family. Free corsage for the girls at the door. Donations of goodies or drinks would be appreciated. If you are donating items for the party, please let us know what you will be bringing when you register. Thanks.

# Special Events

## Tea Party

*Girls grab your favorite doll or stuffed animal and let's have a tea party! Dress up in your pretty party dress and we will have finger sandwiches, tea and a story will be read. Moms come along too! Please register in advance..*

*May 5th, @ 12 noon \$5*

## Water Carnival July 19th

This event is held at Memorial Field Recreation Complex; with activities being held on the field, the playground and swimming pool from 11-3 pm. Activities are water and summer themed. Watch the newspaper for more information as the date draws closer. The following are some of the activities that we plan to offer: **Water slide:** **Carnival Games:** Goin' Fishin', Flamingo Toss, Shark Attack, Supersoaker Shooting Gallery, and more **Pool Games:** Water Golf, Underwater Coin Find, Water Relays and Open Swim. **Challenge Games:** Wet & Wild Obstacle Course, The Storm and Relay Races. Cost: \$5 per person \$15 family maximum. Food and drink will also be sold during the event. **Bob's Clam Hut is one of the sponsors for this event.**



## Concerts in the Park Sponsored by Kennebunk Savings Bank

Kittery Recreation is very pleased to announce the 6th Annual "Concerts in the Park" summer series every Wednesday evening from July 9-August 13. Join us from 6:30-8:00 p.m. and enjoy a free concert at Memorial Field. Each week will offer a variety of musical acts including folk, bluegrass, jazz, and family singers. Bring chairs or a blanket and sit back and relax while these groups entertain you. **On behalf of the Kittery Community we want to thank Kennebunk Savings Bank for sponsoring this Concert Series.**

Your children can swim at the Kittery pool for \$1 or play at the playground adjacent to the field during the concert. A schedule of performers T.B.A. Tell your friends and neighbors. This is a wonderful way to spend a summer evening.

## Concert Cookout

Join us for our 4th Concert Series Cookout on **Wednesday, August 13**. This concert series is spectacular and the cookout will be great as well. We will have hot dogs, hamburgers, cheeseburgers, drinks etc., for sale and to enjoy prior and during the concert. Cookout will start at 5:30 p.m., so bring your appetites, chairs, friends and families to Memorial Field, located on Old Post Road.



## USS Greenville Cookout

USS Greenville Cookout @ Fort Foster July 13th with a raindate of July 27th. Bring your families out to Fort Foster and socialize with the crew and their families. Much more to come, but save the date!





# Kennebunk Savings Bank

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## Child's Play

### Kidz Play Ages Walking-5

Parents and children come join in on a fun-filled hour. Whether it is free play with our gym equipment or dancing and playing games to music, or simply allowing your child to use his/her creative mind to make a craft. Your child is sure to have fun in this class. We have tunnels, tents, balls, balance beam, kitchen set, a parachute and a variety of crafts.

Who: Walking-5 year olds  
When: Wednesdays, 9:30-10:30 am  
Where: Community Center  
Instructor: Karen Sweeney  
Fee: \$36 or \$46 for a family  
6 wks

Session 1: Feb 27th-April 2nd  
Session 2: April 16th-May 28th  
(no class during vacation)

## ATENCION

### Pre-School Spanish Ages 4-5

Introduce your child to the Spanish language through crafts, games, songs and stories. Children will also be exposed to the cultures of Spanish speaking countries. Young children are developmentally ready to learn a second language, especially in a fun and relaxed atmosphere. Join us for an exciting language adventure.

Who: Children 4-5 yrs  
When: Thursday, 8:45-9:30 am  
Where: Community Center  
Instructor: Katie Peternell  
Fee: \$55/8wks  
Session 1: April 10-June 5th  
(no class on April 24th)

**New students who have never taken Spanish before are asked to attend an orientation class April 3rd at 9 am.**



# Youth Activities

## Indoor Playground

For all those days spent indoors during inclement weather, come to the Rec. Center and have some fun while socializing in a safe environment. We are opening our gym doors for parents and children to engage themselves in fun activities and socialization. Equipment and mats will be provided. Parents must accompany children and stay with them in the gym.

When: Mondays, 12 noon-1:30 pm  
Where: Community Center  
Fee: Free  
Session 1: February-May



## Winter and Spring Themed Projects for Pre-Schoolers

Bring open minds and old clothes! Pre-Schoolers are capable of creating lots of hands-on original art. Students will experiment and create with different mediums. We will draw, paint, sculpt and do some printmaking.



Who: Children ages 2-5, adult must be with the children  
When: Thursdays, 9:45-10:30 am  
Where: Community Center  
Instructor: Jennifer Chamberlain  
Fee: \$40/6 wks  
Session 1: February 28-April 3rd  
Session 2: April 17-May 29th (no class April 24th)



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# Youth Activities

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## Easter Egg Decorating Class

Kittery Recreation will be hosting an Easter Egg Decorating night. **Bring as many hard-boiled eggs** as you can decorate and we will provide the rest. **Pre-registration is required.** Children must be accompanied by an adult. Pick up a ticket when you register for this class.

Who:	Anyone
When:	Wed, March 19th, 5:30-7 p.m.
Where:	Community Center
Fee:	\$3 prior to the event \$5 at the door

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## *Community Partners*



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# Gymnastics

## *Gymnastics/Tumbling Programs With Heather Philo*



### Pre-School Tumbling

Pre-School Tumbling is an exciting new program that is being offered at the Center. Kittery Recreation is pleased to introduce this NEW program and Heather Philo.

The goals of this program are to encompass building physique and character with each student, while connecting mind and body in an active and fun filled environment. Mat and floor techniques such as forward and backwards tumblers, donkey kicks, and various fitness activities. The classes will also include balancing, core strengthening and cardiovascular exercises.

Who: Toddlers  
When: Thursdays, 1-2 pm  
Fee: \$88/7wks  
Session 1: February 14-April 3rd (no class vacation week)  
Session 2: May 1-June 12th

### Gymnastics Program

This class is for school aged children.

The goals of this program are to encompass building physique and character with each student, while connecting mind and body in an active and fun filled environment. There will be mat and floor exercises, forward and backward tumblers, donkey kicks, and various fitness activities. The classes will also include balancing, core strengthening and cardiovascular exercises. These classes will be customized based on your child's age and developmental skill level.

Who: School aged children  
When: Mondays, 5-6 pm  
Fee: \$88/7 wks  
Session 1: February 11-March 31st (no class vacation week)  
Session 2: April 28-June 16th (no class on May 24th)

A mat will be provided.

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### STROLL PATROL

Stroll Patrol is a 60 minute stroller fitness class designed for moms, by moms. Finding the time, energy, and motivation to get back into shape after having children is a challenge. Stroll Patrol is a way to get fit, have fun with your stroller aged child or children, and meet new friends. Come learn the FUNdamentals of strength training with this innovative work out for moms and their young kids.

Who: Moms and Children  
 When: Mondays, 3:15-4:15 pm  
 Where: Community Center  
 Fee: \$50/6 wks  
 Instructor: Sara Lussier  
 Session 1: Feb. 25-March 31  
 Session 2: April 7-May 12  
 Session 3: May 19-June 30 (no class 5/26)

### American Red Cross Baby-Sitting Training

This baby-sitting course prepares youth with the training every parent wants in a baby-sitter including: safety, basic childcare, safe play, first-aid and critical emergency action skills.

Who: Youth 11-15  
 When: Saturdays, 9 am-3:30 pm  
 Where: Community Center  
 Fee: \$56/Includes Red Cross tote bag and first aid kit.  
 Instructor: Red Cross Certified Instructor  
 Session 1: TBA  
 Session 2: TBA



# Youth Offerings

## YMCA Swim Lessons

The Kittery Recreation and Seacoast YMCA will offer swim lessons for Kittery Residents at the YMCA. Register at the Community Center for these classes.

Who: Children 5 and up  
When: Wednesdays, 4-4:30 pm  
4:30-5 open swim time  
Where: Seacoast YMCA  
Fee: \$10 per class  
Session 1: March 5-April 23 (8 wks)  
Session 2: May 7-June 18 (7 wks)



## Mother's Day Craft

This craft class will be focused on making a special gift for Mom's special day. Drop off your child and let them create a present for their mom, grandma, special aunt or anyone they would like to celebrate.

When: Wednesday, May 7th, 4-5 pm  
Where: Community Center  
Fee: \$8



## Father's Day Craft

This craft class will be focused on making a special gift for Dad's special day. Drop off your child and let them create a present for their dad, granddad, special uncle or anyone they would like to celebrate.

When: Monday, June 9th, 4-5 pm  
Where: Community Center  
Fee: \$8

# J. S. PELKEY

*funeral home*

**JEFFREY S. PELKEY** *Director*

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207.439.4900 | 207.439.0610 *facsimile*

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# Karate

**W**ith over 50 years combined Martial Arts experience, our Head Sensei Bob Modee (5th Degree Black Belt) is assisted by Joe Mazzaglia (3rd Degree Black Belt and Seth Mazzaglia (3rd Degree Black Belt). Sensei Bob has been teaching at Kittery Community Center since 1991.

**T**he unique style of traditional, authentic Shorin Ryu Karate combines native Okinawan "Tuite" techniques with "Hakutsuru" (White Crane) concepts first brought to Okinawa from the Shaolin Temple in China several hundred years ago. They are a Charter Member of the Okinawa Shorin Ryu Matsumura Seito Karate and Kobudo Federation, lead by Grandmaster Fusei Kise from Okinawa, Japan, and are affiliated with Shihan Greg Lazarus (OSMKKF Eastern US Director) from the Dover Kenshin Kan Karate Dojo in Dover, NH. All rank promotions are certified via Okinawa and Master Kise personally supervise all Black Belt promotions during his yearly visits to the US. Our classes stress Traditional Protocol, Self-Discipline, and quality authentic training and techniques. The classes continue all year and are held on Mondays and Fridays from 6-7:30 pm. They are open to all adults and children over 7 years old, regardless of experience or fitness level. A family discount is offered. Come by the studio and watch one of our classes or try a Free Intro Class this week.



Who: Ages 7 years - Adult  
When: Mon & Fri, 6-7:30 p.m.  
Fee: \$106/one person, \$152/two people, \$212/ three people  
Session 1: December-February  
Session 2: March, April, May  
Session 3: June, July, August



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# Sports

## Indoor Soccer K-6th

Youth in grades K-6th are invited to participate in our indoor soccer program. The players are separated into divisions based on grades, K-1st, 2nd-3rd and 4th-6th. This six week program runs from March through April and will consist of games during the week. Volunteer coaches are needed. Registration runs February 18-March 7.

Who: K-6th graders  
 When: Tues. or Wed evenings  
 Where: Shapleigh Middle School Gym  
 Fee: \$36/or \$80 per family of three or more.

Late registration starts March 8th and is \$51 each for the first two children or \$110 a family.



## T-Ball

This program is for boys and girls ages five and six. Six year olds who have had at least one year of T-ball have the choice between playing T-ball or Little League. Six year olds must pick one league and cannot play both. T-Ball is similar to little league except an adjustable tee is used in place of a pitcher. Team concept and fundamentals are stressed and each team member bats each inning and receives equal field time. Parents assume coaching positions, usually requiring several assistants per team. Each team plays one game during the week. **Registration will be held March 10-April 4. After April 4 a late fee will be applied.**

Who: 5 & 6 yr olds  
 When: April 28-June 13  
 Field: To be announced  
 Fee: \$36/ or \$80 per family of three or more  
 Late fee is \$51/or \$110 per family after April 4th.



## Kittery Baseball/Softball

Registrations for Baseball and Softball will begin on February 25th. Registrations will be February 25 -March 21st. **After March 21st,** registrations will only be accepted on a space available basis and a late fee will be charged by Kittery Baseball/Softball. **Make checks payable to Kittery Little League. \$45/6-12 yrs and \$70/13-17 yrs.**

**Divisions for this season are:**

### Baseball Division

Ages 6-8-Little League Coach Pitch  
 Ages 9-10-Little League Baseball  
 Ages 11-12-Little League Baseball  
 Ages 13-15-Babe Ruth Baseball  
 Ages 16-17-Senior Babe Ruth Baseball

### Softball Division

Ages 9-12-Little League Softball  
 Ages 13-14-Jr. Little League Softball

**For more information about LL scholarships or registrations please contact Michael Donoghue 439-1151.**



## Travel Soccer

The Kittery Soccer Club (Kittery's Travel Soccer Program) offers competitive levels of play and skill development in a fun and social atmosphere. KSC competes in the Southern Maine "District", playing against teams from York to the Portland Area. Games are played on Sunday afternoons. The season begins with a team travel camp the week of August 4-8th from 4-7 pm followed by 2 practices per week. Games will begin August 24th. Children ages 8-13 are eligible to tryout on Saturday, May 17th with a make-up date on Monday, May 19th. Players **MUST** attend one of these dates to be eligible. For more information contact Scott Pereira at 439-9940 or Brian Flynn at 439-9428.





## Pee Wee Soccer

Back for another season is the Pee Wee Soccer League! This six week program will be offered as a basic introduction to the game of soccer. Age-appropriate skills and drills will be included, however, the main emphasis of this program will be to offer tons of fun for you and your child. The league will run on Saturdays, September 6th-October 11th. This program requires "feet on" participation by all parents. **Registration is August 11th-August 29th.**

Who: Children ages 3 & 4  
 When: Saturdays, 9 a.m.-10:00 a.m.  
 September 6th-October 11th  
 Where: Frisbee  
 Fee: \$36/child or \$80/family three or more.  
**Late fees start on Sept. 2.**



## Fall Soccer

The leaves will start to change and that means its time for Kittery Recreation's Fall Soccer League. The league breaks up the players into divisions based on grades.

Nipper Division is for 5 year olds -1st grade  
 Junior Division is for grades 2nd-3rd  
 Senior Division is for grades 4th-6th  
 Who: Children ages 5-grade 6  
 When: Season runs from Sept. 6-Oct 18  
 Where: Nippers/Frisbee Field  
 Juniors/Frisbee Field  
 Seniors/Shapleigh Field  
 Fee: \$36/child or \$80/family three or more.

**Soccer Registration runs from Aug. 11th-August 29. Late fees start on September 2nd and are \$51 or \$110 for a family.**

# SPORTS



## Kittery Youth Football League

Football season is around the corner! Students in grades 6-8 starting in September 2008 can participate in the Kittery Youth Football League.

Teams play in the Southern Maine Youth Football League. Games are usually played on Sunday afternoons or Saturday night (with teams that have lighted fields). Home games are at Memorial Field.

The season extends from early August to the end of October. **Informational/registration night will be Tuesday, May 20th at Shapleigh School Cafeteria @ 6:00 pm. The fee for football players is \$86 each prior to August 1st. After August 1st a late fee of \$15 will be added.**

## Cheerleaders-KYFL

The KYFL is looking for cheerleaders for the upcoming season. **Ladies entering grades 5-8 can register to sign-up at the information and registration night on Tuesday, May 20th at 6:00 pm Shapleigh School.** The fee for cheerleaders is \$40 a person until August 17. A \$15 late fee will be added after that date. Make checks payable to Kittery Recreation. More information regarding the cheerleading team will be made available at the info night.

## Summer Cheerleading Camp

This clinic will offer students of all abilities the opportunity to learn the proper cheerleading fundamentals; motion technique, voice projection, dance, safe stunting techniques, and much more will be included in this week of fun. Daily Spirit Awards will be given and all participants will receive a T-shirt.

Who: 1st-8th Graders  
 When:  
 Time: Grades 1-4-9:00 am-10:30 am  
 Grades 5-8-11:00 am-1:00 pm  
 Where: Emery Field  
 Cost: \$30/person  
 Instructor: Cheerling Coach Holly Kaselauskas





## K-2 Basketball Camp July 14-18

This camp is aimed at the beginner basketball player in grades K-2. The clinic staff will introduce the aspiring player to fundamental basketball skills as well as some of the finer points of the game in a positive and enthusiastic atmosphere. The clinic will include demonstrations, contests, guest speakers, and much more. This camp will be held from 9 a.m.-11:00 a.m. at Shapleigh School. \$45 per person.



## 3rd & 4th Grade Basketball Camp July 14-18

This camp is aimed at the basketball player who may have some basketball experience but wishes to learn more. The clinic staff will introduce the aspiring player to fundamental basketball skills as well as some of the finer points for the game in a positive and enthusiastic atmosphere. The clinic will include demonstrations, contests, guest speakers, and much more. This camp will be held from 9 a.m. -1:00 p.m. at Shapleigh School. The price is \$55 per person. Please bring a lunch each day.

## 5th-8th Grade Basketball Camp July 7-11

This camp is aimed at the more experienced player looking to improve on his/her skills. This camp will be instructed by Traip's Varsity boy's coach Jeremy Paul. Those who attend will enjoy learning the fundamentals of shooting, ball handling, rebounding, passing, defense, and team play. In addition you will have some fun and challenging competitions, basketball camp t-shirt, a continuing basketball workout schedule for when the camp is over, and excitement. Please bring a lunch each day. The price of this camp is \$125 for one person and \$200 for a family. Camp is held 8:30am-4:00 pm daily.

## Ranger Youth Football Camp July 28-Aug 1



The purpose of this camp for youth in grades 4-10 is to teach individual techniques and fundamentals of the game of football for each specialized position. Installing a positive winning attitude and emphasizing the team concept will also be part of the football camp experience. This camp will be led by Traip Academy head football coach Ron Ross, his staff and players. This camp will be held 5:30-8:00 pm daily at Memorial Field. The price is \$25 per person. Please bring with you football cleats, running shoes and personal workout gear.

## Field Hockey Camp July 28th-31st

A field hockey camp for girls is being offered July 28th-31st from 8:30 am-11:30 am at Memorial Field. Girls in the 5th-8th grade are invited to participate. The individuals instructing this camp are the Traip High School and Shapleigh Middle School field hockey coaches. The price of this camp is \$45 and includes a t-shirt and a mouth guard. All participants are required to wear shin guards, and cleats are recommended. Sticks will be provided.



## Soccer Camp for 3 & 4-Year Olds

This summer Seacoast United Soccer will offer a weeklong soccer camp for 3 & 4 year olds. Emphasis on the Little Nippers Program is about fun. Each child will receive an introduction to soccer. The time will be from 9-10:00 a.m. on July 28- August 1 at Shapleigh Field and the cost is \$50. **Please have checks written out to SUSC.**

## K-8th Graders Soccer Camp July 28-August 1

A soccer camp will be held July 28-August 1 at Shapleigh Field. Seacoast United Soccer Club will conduct this weeklong camp from 9-12 noon. Your child will learn techniques of soccer through fun games and activities. They will incorporate small-sided play in order for every player to get lots of opportunities to be involved in the game. Techniques will involve dribbling, shooting, passing and receiving. \$95/one; \$75/two and \$55 for three or more. **Please have checks written out to SUSC.**

# Safe Alternatives *Afterschool Program*

## *Safe- A "Fun" Place To Be-Join Us!*

Safe Alternatives for Enrichment is our afterschool program for children in grades K-8. We offer children the opportunity to play, explore, and create in a supervised and nurturing environment. SAFE is a licensed program, operating under the guidelines set by the State of Maine. SAFE is held at Frisbee School and is open Monday thru Friday 2-6:00 p.m. Children attending from Mitchell or Shapleigh are bussed to Frisbee at the end of the school day. SAFE offers homework time, outdoor/indoor recreation, and arts & crafts on a daily basis. This is a great place for your child to interact with others, learn new skills, and stay safe after school hours end. The SAFE Program is also open on half days, parent/teacher conference days, and vacation days. All children need to be registered with the program in order to participate in program activities. You can register your child for the SAFE Program at the Recreation Center located on 2 Cole Street.

At the time of registration a deposit of \$25 per child is due and payment for the current session must be paid in full. This will ensure your child's spot at the program. A registration packet is available at the Recreation Office, 2 Cole Street, Kittery or call 439-3800.

Dawn Sciascia is the S.A.F.E. Coordinator. She is a Kittery resident and mother of two small children. Dawn had sixteen years experience working with children of all ages. After receiving her BA in elementary education in 1998 she moved to Oregon, taught kindergarten and ran a summer camp and afterschool program. Dawn also worked as the head aftercare teacher for the Tidewater School in Eliot. This is Dawn's second year with Kittery Recreation.





# February Vacation For All Ages



## Vacation Activities with the S.A.F.E. Program

Please remember that anyone can sign up for the S.A.F.E. Program on a part time basis. Just register at the Recreation Office prior to the vacation.

# ROLLER SKATING RINK

## Events Planned

February 18th Holiday

February 19th Chuck E. Cheese

February 20th Mardi Gras Celebration  
In House Day

February 21st Happy Wheels

February 22nd PJ Day, Pancake  
Brunch Movies etc.  
In House Day



# Special Offerings



## Karaoke Night

Let's get together and have some fun while singing songs as a group or solo performances for those who wish to entertain. It is a low key group of people who just like to have some fun. There is no pressure to perform. You may just come and be an audience member if that is your comfort level. On the following Friday evenings we will set up the Karaoke room for a good time. There is no charge for participation.

Time: 6-8:30 pm  
Where: Community Center  
When: Fridays  
February 15  
March 21  
April 18  
May 16



## Semi-Formal Ball Live Band/May 17th

This Spring we are sponsoring a Semi-Formal Ball for all to enjoy. This will be held at Shapleigh School and tickets will be available starting March 3rd. This event will be a first of its kind for us and we have hopes it will be an annual sell-out. We will also crown a king and queen. This event will be held at Shapleigh School from 7-10 pm. Cheese and fruit platters and punch will be provided.

**Tickets must be purchased for this event and a minimum number of people must be registered by March 28th in order for this event to be held.** Once the minimum is met we will hire a band for the ball. Tickets are \$15/one person or \$25 a couple.

## Parents Night Out

Come and drop your children off at the Community Center from 6:30-9:30 and have a nice, worry free and much needed night out. The S.A.F.E. Coordinator and another staff person will be running your child's evening of fun. A dinner of pizza & fruit will be included with an art project and then a movie will follow. Bring PJ's and a sleeping bag! These evenings are limited to 20 children ages 3 and up. Please feel free to call with any questions or concerns. **Pre-registration is a must** for this program. Our minimum must be met by Thursday each week this is offered. Payment is due in advance and a medical form is necessary.

Who: Ages 3 and up  
When: Last Friday of each month 6:30-9:30 pm  
February, March, April  
Where: Community Center  
Fee: \$15 each up to two children  
\$10 for the third



# Adult Offerings

## Yogalates



Take the struggle out of getting and staying in shape. We are once again offering the popular class that combines core strengthening and warm ups from pilates with the grace and flow of Kripalu Yoga. Each class includes breathwork, variations of postures as needed and relaxation at the end. Please bring with you to class a small pillow, a light blanket/towel and a yoga mat. Instructor Deborah Levine, M.Ed is certified in Kripalau and Adaptive Yoga with over 15 years of experience teaching classes and wellness workshops on the Seacoast.

Who: Adults/Seniors  
 When: Tues. or Thurs. 8:30-9:45 am  
 Where: Community Center  
 Instructor: Deborah Levine  
 Fee: \$60/6 wks  
 Session 1: January 15-February 19 (6 wks)  
 Session 2: March 4-April 10 (6 wks)  
 Session 3:: April 22-May 29 (6 wks)  
 Session 4: June 3-June 26 (4 wks) \$40

## Make Your Own Baby Food

Join us for an informational evening on how to quickly, easily and safely make your own baby food. You will learn which foods to introduce to your baby on a month to month schedule, how to prepare and store it and what consistency to make the foods at each age. Not only is choosing to feed your baby homemade food instead of store-bought the best for them nutritiously, but it will save you money!



Who: Anyone  
 When: Wednesday, March 5th, 6-7:30 pm  
 Where: Community Center  
 Fee: \$10  
 Instructor: Dawn Sciascia

## CPR Class

The purpose of the American Heart Association Adult, Infant and Child CPR course is to give participants the knowledge and skills necessary to prevent, recognize and provide basic care for breathing and cardiac emergencies in adults, infants and children until advanced medical personnel arrive and take over.

Who: Anyone  
 When: Monday, June 9, 5:30-10 pm  
 Where: Community Center  
 Fee: \$45  
 Instructor: Donny Gagnon

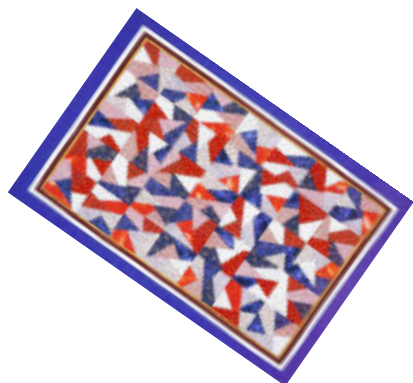
## Belly Dancing

Come join Gina Della Pasqua in a fun, aerobic, and core strengthening beginner belly dance class. The class will be a fusion of Salsa, and Belly dance. We will focus on isolations and undulations, traveling moves, and small choreography pieces. Let belly dance be your guide to feel more confident with the beautiful woman you are!! All levels of dance welcome. We will create a fun and comfortable environment for even the ones who think, "They have no rhythm". Classes will start with light yoga stretches and hip circles to get loose for the rest of the fun. "I've been dancing most of my life, but nothing has compared to what belly dance has done for my overall health and happiness." Wear comfortable clothing and bring a mat. No shoes are worn in class. Drop-ins are welcomed for \$10. Additional questions call Gina @ 603-205-4835.

Who: Teens-Adults  
 When: Tuesdays, 7:00-8:30 pm  
 Where: Community Center  
 Fee: \$46/6 wks Drop in \$10  
 Session 1: Feb 26-April 1  
 Session 2: April 15-May 20  
 Session 3: May 27-July 1



# Adult Offerings



## Quilting Class

Stack the deck! Crazy Quilts in (4) easy steps.  
 Step 1: Stack squares of assorted fabrics into the deck; Step 2: Slice the deck into crazy shapes; Step 3: Shuffle the pieces in each stack; Step 4: Sew the pieces in each layer of the deck.

Who: Adults  
 When: Thursdays, 6:30-8:30 p.m.  
 Where: Community Center  
 Instructor: Christy Olson  
 Fee: \$36/6wks  
 Session 1: March 6-April 10  
 Supplies needed: 15-18 Fat quarters; sewing machine, rotary cutter, cutting mat and thread.

## Learn How To Make Your Own Herbal Beauty Products

You will gain the knowledge of the basics of herbs and how to easily turn them into lovely beauty products. You will learn how to make infused oils, salves, facial & body scrubs and a facial toner. This is a two part class. All supplies are included and you will be able to bring your individually designed products home.

Who: Adults  
 When: Wednesday, April 9 & 16  
 6-8 pm  
 Where: Community Center  
 Instructor: Dawn Sciascia  
 Fee: \$25/two classes  
 Session 1: April 9th and 16th

## Adult Art and Craft Class

This six week course explores three types of painting: watercolors, acrylic painting on wood and printmaking. Some students may take 6 weeks on one painting and others may need extra projects; both are fine! Come and enjoy a no pressure creative night out. "I believe everyone has the ability to create a beautiful piece of art." Jennifer Chamberlain is a certified art teacher and mom.

Who: Adults/Seniors  
 When: Tuesdays Nights 7-8:30 pm  
 Where: Community Center  
 Instructor: Jennifer Chamberlain  
 Fee: \$40/6 wks supply fee is \$10  
 payed to instructor.  
 Session 1: Feb.26-April 1st  
 Session 2: April 15-May 27 (no class 4/22)

## First Aid Class

This SOLO (Southhearth Open Learning Opportunities) course will give participants the knowledge and skills necessary to recognize and provide basic first aid care for injuries and sudden illnesses until advanced medical personnel arrive.

Who: Anyone  
 When: Monday, June 16, 5:30-10 pm  
 Where: Community Center  
 Fee: \$30  
 Instructor: Donny Gagnon

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46 Old Post Road, Kittery, Maine 03904 207.439.1900

Wednesday - Saturday

## Yogalates For Seniors

**This class will be a special class for seniors with variations offered, such as sitting in chairs or using the wall for balancing.**

**This is a gentle class.**

Take the struggle out of getting and staying in shape. We are once again offering the popular class that combines core strengthening and warm ups from pilates with the grace and flow of Kripalu Yoga. Each class includes breathwork variations of postures as needed and relaxation at the end. Please bring with you to class a small pillow, a light blanket/towel and a yoga mat. Instructor Deborah Levine, M.Ed is certified in Kripalau and Adaptive Yoga with over 15 years of experience teaching classes and wellness workshops on the Seacoast.



Who: Adults/Seniors  
When: Mondays, 10:00-11:00 am  
Where: Community Center  
Instructor: Deborah Levine  
Fee: \$60/6 wks  
Session 1: Jan 7-Feb 25 ( no class 1/21 or 2/18)  
Session 2: March 3-April 7  
Session 3: April 28-June 9 (no class May 26th)

Harry Hannigan  
Proprietor

A large, stylized green leaf graphic that frames the text on the left side of the advertisement.

The  
Wyman  
Rooming House

28 Wyman Ave.  
Kittery, ME 03904

(207) 439-2872

# Adult Offerings

## How Do You Spell Fun?



### Bingo

We will have bingo on the 1st and 3rd Friday of each month. Please register for these days so that we can tell you what will be ordered for lunch. There will be prizes awarded to winners.

Who: Adults  
 Time: 11 am-1 pm  
 When: February 1 & 15  
 March 7 & 21  
 April 4 & 18  
 May 2 & 16  
 June 6-@ Fort Foster Park  
 Where: Community Center  
 Fee: \$6.25 with lunch/and \$2.25 without lunch.

### Bingo at Fort Foster

We have reserved the pavilion at Fort Foster for our group to have our outdoor bingo and picnic event. This should be a wonderful time at a beautiful location. Sign up today since we will surely run out of van seats quickly. There will be special prizes for the bingo winners! Tell us if you will drive yourself. A BBQ will be served for lunch. Tell us if you want hamburger or hotdog when signing up. Thanks.

Who: Adults  
 When: Fri., June 6 @ 11 am-2 pm  
 Where: Fort Foster Park  
 Fee: \$6.25

### Bingo/Farmington NH

Wednesday, April 9th we will go to Farmington and play bingo from 9:30-11:30 am and have lunch afterwards. This is where Donny Gagnon has gone to work. We will use our vans for this trip and leave at 8 am. Please bring with you that day a donation of \$4 for your lunch and \$5 for bingo. The transportation charge is \$6.



### Adult Game Night with the Famous Steak Tips from "The Meat House"

Come and enjoy a night of cribbage, card games, chess and other games. Dine on mouth watering steak tips the best you have ever tasted! The Meat House in York has volunteered to supply us with their steak tips for your enjoyment! Steak tips, mashed potatoes, peppers and onions, beans, salad, dessert and beverage. Space limited, sign up early! You can only come for dinner if you wish!

**Pre-registration is required.**

Who: Adults  
 When: Wednesday, 5:30-7:30 pm  
 June 11  
 Where: Community Center  
 Fee: \$7







# Adult Trips

## New England Flower Show Bayside Expo



March 12th 10 am- 3 pm \$40 per person  
Register by February 22nd.

## "Much Ado About Nothing" Portland Stage Company March 20th 2 pm Show

Sparks fly in one of Shakespeare's best-loved romantic comedies in a fast-paced, yet intricate tale of wit, jealousy, and romance. Reunited in the Italian countryside, old flames Beatrice and Benedick are tricked by their friends into believing that each is in love with the other. Their "merry war" leads to both a sharp examination of dishonesty and deception, and a boisterous celebration of the overwhelming power of love.

Who: Anyone  
When: March 20th, Leave at 12:30 pm  
Where: Portland, Maine  
Fee: \$32/ticket and van transportation



## Southern Maine College Culinary Department

All meal choices and service is provided by the SMCC Culinary students. The vans will leave Kittery Rec. at 9 am and go to South Portland. A stop at the Xmas Tree shop and then off to lunch. The cost is \$15 and includes everything, however, the tip is payable that day. Max 22 people

March 26th-Wednesday a sit down meal with several entree choices.

April 11th-Friday for a buffet.

## Stage Neck Inn



So beautiful and so close by. We will dine in elegance at the Stage Neck Inn on the ocean at York Beach. Our vans will be used for this trip. Please choose a lunch entree when registering.

Who: Adults  
When: Wed. April 23rd leave at 11:15 am  
Fee: \$5 and lunch on your own

## North Shore Music Theatre "The Producers"

NSMT is thrilled to present the musical that won more Tony® Awards than any other show in history. Based on the hit 1968 film, this Mel Brooks masterpiece is the story of a washed-up Broadway producer and his timid accountant who hatch a scheme to get rich quick by producing a sure-fire flop. It's a comic tour-de-force that spoofs the big, old-fashioned Broadway musical while paying tribute to it at the same time. The Producers, originally directed and choreographed by Susan Stroman, will leave you laughing out loud! Lunch at "Not Your Average Joe's" will be on your own.

Who: Anyone  
When: Wednesday, May 14th, Leave at 10 am.  
Where: Beverly, MA  
Fee: \$70

## Luau Luncheon May 9th

### HAM IT UP

Come join Recreation Staff for a special day. We will have a luncheon for everyone to enjoy. Friday, May 9th is the date to reserve. The luncheon will start at 11:30 a.m. and finish up at 1:00 pm. The menu will be ham, mashed potatoes, pineapple, vegs, salad, baked beans and dessert.

Who: Adults and Seniors  
When: Friday, May 9th, 11:30 am-1 pm  
Where: Community Center  
Fee: \$7



# Adult Offerings

## Bargain Shopping Trip

Join us for a great day in the Portland area while we visit the Christmas Tree Shop, Big Al's and Reny's. We will use our vans for this trip. Lunch will be on your own, however, we will dine at the Country Buffet.

Who: Anyone  
When: Wednesday, May 28th, 9 am-3 pm  
Where: Portland area  
Fee: \$8

## Georgetown Island Maine

Join us for a lovely day trip to Georgetown Island, Maine and lunch at the Osprey Restaurant on the water. This restaurant has selections in seafood and pub style type foods. We will site see after we eat. Lunch is on your own at the Osprey Restaurant. Our group will visit Popham Beach State Park and Four Corners in Bath, ME.

Who: Anyone  
When: Wednesday, June 25th,  
9 am-4pm  
Where: Bath Area  
Fee: \$32 (Plus lunch)



## Boothbay

This day is always a hit! Join us as we enjoy our travels to Boothbay Harbor by coach transportation. We will take a boat ride to Cabbage Island where our clambake will begin. You will dine on 2 lobsters, chowder, steamers, baked potato, egg and homemade blueberry cake like you have never had. We will leave at 8:15 am and return around 7:00 pm.

Who: Anyone  
When: Wednesday, Aug. 6th  
Where: Boothbay Harbor  
Fee: \$80

## Lobster Luncheon

On July 24, Kittery Recreation will be sponsoring a lobster luncheon for the first 120 Kittery seniors who register and pay. Thanks to the generosity of the following businesses this event is being offered at a reduced fee: **Island Seafood; Sea Hags Seafood; Seaview Lobster Company; Greenhead Lobster LCC; Taylor Lobster Company; and Weathervane Seafoods.** You will receive a lobster, cup of chowder, potato salad, roll, corn on the cob, chips, strawberry shortcake and a beverage. Chicken is available in place of lobster. Please tell us when you register if you want chicken or lobster. Please pick up a ticket when you register. No take outs!



Who: Kittery Seniors  
When: July 24th, Thursday @ 11:45 am  
Where: Community Center  
Fee: \$12.50



## Hackmatack Playhouse

Berwick Maine

"All Shook Up" August 21st  
2:00 P.M. Show

Hackmatack encore it's funniest, happiest show! Romance, Rebellion and Rock n Roll...all to the music of Elvis! The show performed to standing room only in 2007, and it is sure to be a sell out in 2008 and Kittery Recreation has 33 tickets. Vans will be used for this trip.

Who: Adults  
When: Thurs, Aug. 21st, leave at 12:30 pm  
Where: Community Center  
Fee: \$28

# Trips

# Red Sox



## Essex River Cruises Essex Seafood

Come with us to visit lovely Essex MA and enjoy a cruise with Essex River Cruises and Charters and lunch at Essex Seafood Restaurant. This will be a special day with lots to see and learn. Lunch is on your own.

The coach will leave Kittery Rec. at 9:30 am and return approximately 5:00 pm

Who: Anyone  
When: Wednesday, September 17th  
Where: Essex MA  
Fee: \$48



## Castle in the Clouds

Welcome to Tom and Olive Plant's mountaintop estate "Lucknow", built in 1913-1914 high in the Ossipee Mountain Range with a breathtaking vista of Lake Winnepesaukee and the hills and mountains beyond. Known since the 1960s as the Castle in the Clouds, the house is an unusual example of Arts and Crafts architecture in New England, expressing that aesthetic movement's philosophy of living in harmony with nature. Designed by the architectural firm of J. Williams Beal & Sons of Boston, the house not only exhibits skilled hand craftsmanship in every aspect of its interior and exterior, but also features a number of technological innovations of the early 20th Century. Our group will tour the castle and then enjoy a buffet luncheon.

Who: Anyone  
When: Wednesday, October 8th  
Where: Moultonborough, NH  
Fee: \$48



## Red Sox Trips

Take me out the Ball Game!! Come and join us as we head down to Friendly Fenway and watch the Red Sox try for another World Series Championship. A Coach bus will bring you to Boston in style and will leave at 4:00 pm from the Kittery Community Center. Even with the extremely high demand for 2008 Season Red Sox tickets the Kittery Recreation Department was able to obtain tickets for the following games:

**GAME 1:** Texas Rangers vs.  
Boston Red Sox  
Monday, April 21st,  
**Game time TBA**

**GAME 2:** Chicago White Sox vs.  
Boston Red Sox  
Friday, August 29th, 7:05 pm

### RIGHT FIELD ROOF BOX SEATS

Who: Anyone/Limit to 46 people  
When: See above  
Where: Leave Kittery Recreation Center at 4:00 pm for Fenway Park, return at games end.  
Fee: \$85/Box Seat and Coach  
Transportation is included





# Pre-School Camp



## Kitt-Rec Pre-School Summer Camp

This program consists of: wearable Art, outdoor activities, old time playground games and snack. Jennifer Chamberlain and Melissa Fitzsimmons will be the staff for this great new program.

Ages 2-5 as of June 1st 9-11:45 am Children must be toilet trained.

Session 1: July 7, 9, 11, 14, 16 & 18 (2) wks Monday, Wednesday, Friday  
Session 2: Aug. 4, 6, 8, 11, 13, & 15 (2) wks Monday, Wednesday, Friday

Join us for a summer of structured fun and play. Your child will be playing games, making arts and crafts and meeting new friends. Each day will offer both indoor and outdoor activities.

Fee: \$90/two wks Minimum of 10 each session Max of 15.

## Classic Maine Food With an Edge...

Now Open for Lunch & Dinner!



**Locals only:** Mention this ad and receive \$5 off\*.

\*Sneak preview discount with minimum purchase of \$25.

11AM - 9PM Mon-Thu  
11AM - 10PM Fri-Sun



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MAINE GRILL AND MARKET

Rt.1 North by Spruce Creek, Kittery 207 439 0300

# Playground Program

The playground program has been in existence for 25 years. This program is for children 5 years old-4th grade and runs Monday-Friday for nine weeks. **The basic hours are 9 am-4:30 pm.** We do offer before care from 7:30-9 am and aftercare from 4:30-6 pm for an additional charge. This program consists of arts and crafts, field trips, sports, games, special events, etc. This past summer there were a number of residents who were disappointed that by the time they came in to register their children for the playground program, it was filled to capacity. In order to prepare for the summer and provide everyone with an equal opportunity to register, we will be conducting registrations in the following manner.

\*Only full -time summer or full session (3 wks) registrations will be permitted.

\*No telephone registrations, individuals must come into the office and fill out the paper work and pay a deposit to secure the spot. Registration starts in February for individuals who wish all 9 wks. In March registration will open for those wishing only one or two sessions.

Session 1: June 23-July 11  
Session 2: July 14-August 1  
Session 3: August 4-22

Program fees:	1st Child	2nd Child	Other Children (same family)	Fuel Charge
9 weeks	\$725 (\$80.56 wk)	\$605	\$485	\$30
3 Week Sessions	\$325	\$265	\$205	\$15

**\*All field trips are included in these program fees. A t-shirt for field trip days is also included.**

Upon registering you will be required to pay 50% of the program fee as a deposit and the second payment of 50% will be due by July 6. This applies to both Playground and Adventure Summer Programs. There will be a late fee applied to accounts after July 6. Children will not be able to attend the program if there is a balance on any account after July 6.



# Adventure Program

## Adventure Program 5th-8th Graders

This program is for adolescents entering the 5th-8th grades in the Fall. The hours are 9 a.m.-4 p.m. Four field trips a week are planned and consists of destinations such as indoor rock climbing, swimming, canoeing, 2 day camping trip, hikes, waterslides, etc. This is a very popular program so don't wait too long to come in to register. *This program is held Monday-Thursday. The registration process will be the same as the playground program.*

We have added 5th graders to this program.  
If any parent wishes for their 5th grader  
to remain in the younger program that will be permitted.

Only full time summer or full session (2 weeks) registrations will be accepted. Regarding payments, late fees, registration procedure, etc. same as the playground program.

Session 1: June 23-July 3  
Session 2: July 7-17  
Session 3: July 21-31  
Session 4: August 4-14



Program fees:	1st Child	2nd Child	Other Children (same family)	Fuel Charge
8 weeks	\$725 (\$90.63 wk)	\$605	\$485	\$50
2 Week Sessions	\$325	\$280	\$235	\$20

**\*All field trips are included in these program fees.**



Each morning prior to the start of the Adventure Program or from 4-6 pm in the afternoon, children may receive care at the playground program. In the morning you may drop your child off at Frisbee and our van will provide transportation back to the Adventure Program. In the afternoon our van will take your child to Frisbee for you to pick up at a convenient time prior to 6:00 p.m. There will be an extra charge for before and after care. Children may attend Playground Program on Fridays for an extra fee.







**Kittery Recreation**, through a partnership with the American Red Cross, offers swim lessons that follow the Red Cross Learn-To-Swim Curriculum. Lessons are offered in 2 week increments unless otherwise noted. Students who successfully complete a swimming course will receive a Red Cross certificate unless otherwise noted. The Learn-to-Swim Program has something for every swimmer. Participation after Preschool is based on ability and successful completion of the previous level. The instructors will move students to a more appropriate level if necessary. **A Student may not register for Levels I - VII unless he/she is six years of age or older and able to stand unassisted in the shallow end of the pool (3.6 feet deep) unless otherwise approved by the Aquatics Director.**

#### **Resident Fees**

Level B - V is \$40 per student

Family Maximum is \$80

Level VI \$45

Family Maximum applies + \$10 per VI student

#### **Non-Resident Fees**

Level B - V is \$50 per student

Family Maximum is \$100

Level VI is \$60

Family Maximum applies + \$10 per VI student



## **Swim Registration Starts May 7**

Register at the Rec. Center beginning May 7. Remember to register early as classes will fill quickly. The lesson schedule is subject to change. **Class schedules will be available on May 7.**

## **Guardstart Jr. Lifeguarding**

**Objective:** To expose students to the fundamentals of lifeguarding

**Prerequisite:** Certificate of completion for Level IV and 11-14 years old

**Length:** 2 hours, 9 classes, plus lifeguard observations

**M, W, F 3-5 pm**

Do you think you have what it takes to become a lifeguard? Lifeguarding can be the best, but also one of the most demanding summer jobs you could have. In order to become a lifeguard you must be 15-years or older to enroll in the Red Cross Lifeguarding Training Program. Get a start on your skills today with The Red Cross Guardstart Program. This course will teach you how to prevent drownings and diving accidents, develop your swimming skills and general physical fitness, provide you with an understanding of the basic emergency response techniques used by lifeguards, teach you decision-making and communication skills necessary for Lifeguarding and illustrate key skills and attitudes that are important as a professional lifeguard. All classes will be held at the Kittery Pool. Students will receive a Participant's Kit. Space is limited so register early. The class must have a minimum of 6 participants. **Cost:** TBA

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#### **Level B: Parent – Preschool Aquatics**

**Objective:** To help young children become comfortable in and around water so they are ready to learn to swim.

**Prerequisite:** Must be at least 3 years old by the completion of the class

**Length:** 20 – 30 minutes

Designed to be a playgroup, this instructor lead class will help your child to overcome the natural fear of water that most children have. Students learn skills through the use of games, songs and equipment. An adult buddy is required to accompany the student into the water. The buddy will be responsible for doing the activities that the instructor explains. Children under 3 are recommended to take an infant program at an indoor pool facility. Students age 3-5 are expected to remain in this course until they turn six or the instructor approves a five year old for Level I; no exceptions without prior approval. Parents are encouraged to purchase the American Red Cross Water Safety Handbook for \$5 available for purchase during your class.

#### **Level I: Introduction to Water Skills**

**Objective:** To help students feel comfortable in the water.

**Prerequisite:** Six years old or five years old with preschool lesson experience and approval from the instructor.

**Length:** 30 minutes

Designed to move the student from a preschool class to a group situation without a buddy. Skills developed include water adjustment, personal safety, bubble blowing and fully submerging. Alternating arm movement and kicking will be introduced and assisted floating. Emphasis is placed on water enjoyment. Students in Level I will receive a "Raffy Learns to Swim" participant booklet that will be used in Levels I & II

#### **Level II: Fundamental Aquatic Skills**

**Objective:** To give students success with fundamental skills.

**Prerequisite:** Certificate of completion for Level I or instructor approval & pretest

**Length:** 30 minutes

#### **Level III: Stroke Development**

**Objective:** To build on the skills in Level II by providing additional guided practice.

**Prerequisite:** Certificate of completion for Level II or instructor approval & pretest. Must be able to swim unassisted in deep water.

**Length:** 45 minutes

Students will learn how to coordinate the front crawl and back crawl. Rotary breathing, survival floating, water safety skills, underwater swimming and the butterfly kick will be introduced. Emphasis will be placed on stroke development and endurance.

#### **Level IV: Stroke Development**

**Objective:** To develop confidence in the strokes learned to date.

**Prerequisite:** Certificate of completion for Level III or instructor approval & pretest

**Length:** 1 hour

Students will work on building endurance for and refining the front and back crawl strokes. The breast stroke, butterfly stroke, elementary backstroke and side stroke kick will be introduced. Surface dives, endurance treading and personal water safety will also be taught.

#### **Level VI: Swimming and Skill Proficiency**

**Objective:** To refine strokes so students swim them with more ease, efficiency, power and smoothness over greater distances.

**Prerequisite:** Certificate of completion for Lev. V

**Length:** 1 hour

This course has four different Options: Personal Water Safety, Fundamentals of Diving, Fitness Swimmer and Lifeguard Readiness. The session is 3 weeks long and will involve: the Cooper 12-minute swim test at the beginning and end of the course to evaluate progress during the course. Students will build endurance by using the front crawl, back crawl, breaststroke, elementary backstroke, sidestroke and butterfly. New skills will include: How to use a pace clock, swimming with a pull buoy, paddles or fins and various training techniques.

#### **Level V: Stroke Refinement**

**Objective:** To coordinate and refine strokes.

**Prerequisite:** Certificate of completion for Level IV

**Length:** 1 hour

Students will work to refine the front crawl, back crawl, butterfly, breast stroke, elementary backstroke and side stroke. Emphasis will be placed on building endurance. Rescue breathing, treading water with multiple kicks, surface dives, standing dives will also be taught.





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